

DEP News

**2005
BMT
Preparation
Guide**



Congratulations!

You qualified mentally, morally and physically for the branch of service requiring the highest of these standards — America's Air Force. Many don't make it through this process for one reason or another and never have the opportunities now awaiting you.

You are officially a member of the Air Force Delayed Entry Program. As a member of the DEP, your delay in joining the active-duty ranks can be as short as two weeks, but no longer than one year.

You made the commitment and took the oath. You are now a member of the Air Force inactive Reserve. More importantly, you're a member of the Air Force family — one in which we look out for each other and take steps to ensure the well-being of the entire team.

Having someone there to look out for you is much like having an Air Force wingman whose position is critical to mission success.

Everyone in the Air Force plays an important role in the wingman

concept. Each is in a position to observe if their co-workers or fellow squadron members are experiencing stress due to work or matters away from the job that may impact the mission.

You, too, serve as wingmen to the others in the DEP. Getting to know those who are entering active duty at the same time as you helps ease your transition and better prepares you for Basic Military Training.

A decision to join any branch of the armed forces is a big step and often involves the stress of leaving family and friends. It may also lead to anxiety over waiting to leave for BMT. If you sense this in other members of the DEP, talk about it. Talk to your recruiter, who's in the best position to help. Don't let your wingman down.

As a member of the DEP, you and your wingman will attend a monthly DEP commander's call. These meetings ensure you receive information needed to contribute to your success in BMT and technical school. It also provides the chance to ask questions about the Air Force and verify qualifications.

Again, congratulations on becoming the newest member of America's Air Force.

Preparation eases transition

It's not unusual to feel excited or anxious about leaving for Air Force Basic Military Training. After all, you'll be separated from family and friends, which can be stressful. The key is mental and physical preparation.

Getting involved with Air Force-related activities can be a way to overcome apprehensive feelings.

Spend time talking to your local recruiter. Ask him or her about Air Force life and what to expect at basic training. Hanging out with other people who are in the Delayed Entry Program is another way to help overcome uneasy feelings. DEP commander's calls are an ideal place to talk and interact with people in the DEP. These meetings are generally monthly and are mandatory. Another way to deal with hesitant feelings is to help your recruiter with duties. By doing this, you'll be performing official duties, giving you a sense of belonging to your Air Force family. Recruiters visit

local high schools and talk to students. You can help by telling someone else about your decision to join the Air Force.

Part of Air Force life revolves around physical fitness. Throughout your Air Force career you'll be expected to meet certain physical-

conditioning standards. Physical readiness training is designed to ensure Air Force members are physically capable of handling military duty, while

maintaining good personal health and looking sharp in uniform.

Physical readiness training at BMT can be rigorous if you're not prepared. A physically fit trainee has a greater chance of avoiding injury and graduating on time. Start an exercise program three times a week for 45 minutes a session.

The program should emphasize muscular strength, flexibility and cardiorespiratory endurance. Muscular strength is defined as the maximum amount of force a muscle can produce in a single

by Master Sgt. David Richards



A training instructor briefs a flight of newly arrived trainees at Lackland Air Force Base, Texas.

movement. A training program using free weights is an ideal method to attain muscular strength and endurance.

A well-rounded exercise program also requires stretching before and after any exercise. Five to seven minutes of stretching before and after a workout is a good standard. Stretching should be performed in a slow, controlled manner for 10 to 30 seconds with some tension in the muscle. Avoid bouncing or using jerky movements because this may cause injury. Stretching helps flexibility and prevents common injuries, such as shin splints.

In addition to strength, endurance and stretching, you should be prepared for the cardiorespiratory endurance challenge at BMT. Build your endurance through aerobic exercise of at least 20 minutes three to five times a week using such exercises as cycling, swimming, roller-blading, running and lap swimming.

Succeeding at BMT is a matter of mental and physical preparation.





Shipping out

Preparation key for smooth processing to active duty

On your date for departure to Basic Military Training, you will report to the Military Entrance Processing Station for processing to enter Air Force active duty.

Your recruiter will give you a complete briefing on transportation, lodging and MEPS processing. Immediately notify your recruiter of any changes in your status. Do not wait until the last minute to tell your recruiter about any changes to your physical condition, marital status, law violations, drug use or educational status. Also inform your recruiter of any new tattoos or body piercings.

If you're not sure whether something should be made a matter of record, you should provide the documents to your recruiter for a determination. This gives your recruiter enough time to get the documentation required to ensure you remain qualified for the Air

Force. This is very important because a delay in your active duty enlistment could result in cancellation of your guaranteed enlistment contract agreement.

Upon arrival at the MEPS, you will undergo a physical exam and review all personal information you provided during your initial processing, your contracts and enlistment agreements. You also take the oath of enlistment.

Physical exam

All body piercings must be removed before arriving at the MEPS. You will receive a physical inspection at the MEPS to ensure you are still physically qualified to enter active duty. You must inform the examining medical official of any injuries or illnesses since your initial exam.

Your weight is also checked. It is your responsibility to ensure you

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meet current Air Force weight standards. If you were given an initial body fat measurement, you will be given another body fat measurement on your scheduled date of active duty enlistment.

If you are over the maximum allowable weight for your height and fail your body fat measurement, you will not be allowed to enter active duty. Your recruiter will explain this process to you.

Enlistment contract

Once you successfully complete the physical exam, the Air Force liaison NCO conducts a review of enlistment contract agreements.

Any changes to your status will be discussed and properly documented on your application, contracts and/or enlistment agreements. You are required to reveal everything that has occurred since your initial processing. For example, any arrests, offenses, fines, violations or tickets, changes in marital status, dependents or other significant information.

If you entered the DEP as a high school senior, your diploma must be validated prior to entry on active duty. When the review is finished, you should be aware of the exact enlistment options you are entitled to:

- your enlistment grade
 - your term of enlistment
 - the exact aptitude area or job you are guaranteed
- Remember, only the guarantees

listed on your contract will be honored by the Air Force. Your recruiter and others who participate in your processing are prohibited from making any promises or guarantees of any type that do not appear on your contract and agreement.

As in any legal transaction, neither you nor the Air Force is obligated by terms not specifically contained in writing. It's your responsibility to read all documents before you sign them, and to be sure you understand what you are signing.

Once the Air Force liaison NCO completes your processing, you'll return to the MEPS processing section for your final preparation to enter Air Force active duty.

Documents

You must bring your Social Security card and driver's license, if you possess one, and a copy of your birth certificate.

If you are married, you'll need to bring an original or certified copy of your marriage certificate and a copy of your spouse's Social Security card and birth certificate. If you have children, you'll need to bring copies of their Social Security cards and birth certificates.

Those who have earned college credit should also bring a copy of their official college transcripts. Your recruiter can provide more information on earning a higher rank based on college credit.

Oath of enlistment

An officer at the MEPS will swear you into the regular Air Force. If you had previously entered the DEP, the regular Air Force oath releases you from your DEP contract and commits you to serve on active duty for your term of enlistment.

Any previous time in the DEP will count toward your military service obligation of eight years combined, as required by Title 10 U.S. Code, Section 651. This does not mean you'll be forced to stay on active duty for eight years. Instead, it means your active-duty, DEP, active Reserve or inactive Reserve time (after discharge from active duty) must add up to eight years.

Once you have completed the oath of enlistment ceremony, you are an active-duty member of the Air Force. As an active-duty member, you are expected to obey all lawful orders and conduct yourself in an acceptable manner during your final MEPS out-processing and travel to BMT.

Appropriate clothing

Do not bring expensive jewelry or sports equipment to the training center. Although civilian clothes are not worn during BMT, you may bring a limited number of them.

You'll be allowed to wear civilian clothes after duty hours during technical training and at your first duty station. However,

you'll still want to travel light since you'll leave BMT with all of your additional issued military clothing.

Dress casually and comfortably according to the weather. Slacks or jeans, sports shirt or blouse, and a jacket or sweater are recommended. You should also wear appropriate undergarments and comfortable shoes or sneakers. Do not wear sandals, clogs or shoes with high heels.

Arrive at BMT with only one piece of luggage. A gym bag with one change of clothing to include toiletry articles is recommended.

All Airmen are issued a duffel bag for uniforms prior to departing basic training. All other items will be shipped at your expense.

Direct deposit

Before departure for BMT, you must open a bank account, preferably a checking account. You must bring the account number, routing information and bank address information with you.

To ease this process, bring a canceled check or bank deposit slip as well for arranging the direct deposit. This information should be hand-carried by you separate from your enlistment paperwork for processing purposes. Upon arrival at Lackland Air Force Base, Texas, you are required to start direct deposit for your military paycheck.

If you arrive without a bank account, you will be required to open one with a bank from the

Military Banking Group. After the direct deposit process has been completed, an electronic funds transfer will deposit your paycheck into your bank account around the third week of training.

Medication

If you're taking medication that was prescribed for you by a doctor, bring it with you to the MEPS. If the chief medical officer at the MEPS approves your prescription, you can continue to take the medication during BMT. This includes birth control pills. Female applicants who are taking birth control pills are encouraged to continue taking this medication. While in BMT, you will be provided refills or a new prescription if an Air Force doctor determines you should continue the medication.

Tobacco

Trainees at Lackland cannot smoke or use tobacco products while at BMT.

Also, tobacco use and possession are no longer allowed for nonprior-service technical training students at any time while on a base or in uniform.

Following BMT, Airmen at technical training schools are only allowed to use tobacco if they're off base and out of uniform.

Eyeglasses

Bring a current prescription pair of eyeglasses with you. Contact

lenses will not be worn during basic training due to the possibility of eye infection caused by inadequate time for proper cleaning.

You will be issued prescription glasses during your fourth week of training that must be worn for the remainder of training.

Mail

Your specific military mailing address will be determined immediately after you arrive at Lackland.

You are encouraged to write to your family and friends as soon as possible. Do not request third class mail, such as newspapers and magazines, be forwarded to you during basic training.

Relatives and friends should not send packages that contain food to BMT because food is prohibited in dormitories.

Assignments

You will make your first permanent duty assignment selection while in BMT.

You will list up to eight choices, and the Air Force will do its best to place you where you want to go while still keeping the mission of the Air Force in mind. You will find out your first assignment while in technical school.

Core Values

Become familiar with the Air Force Core Values: *Integrity First*, *Service Before Self* and *Excellence In All We Do*.



BMT FITNESS STANDARDS

Suggested Minimum Fitness Level Upon Arrival at BMT

	Run (1.5 miles)	Push-ups	Sit-ups
Males	13:45	34	38
Females	16:01	16	38

Minimum BMT Graduation Standard

	Run (1.5 miles)	Push-ups	Sit-ups
Males	11:57	45	50
Females	13:56	27	50

Minimum for Phase Progression in Technical Training

	Run (1.5 miles)	Push-ups	Sit-ups
Males	11:45	45	45
Females	13:45	27	45

Illustration by Senior Airman Spencer Lilac

Bring to BMT

- Bring only the necessities in your personal luggage.
- Bring any important paperwork you may need — check with your recruiter.
- Bring a toothbrush, toothpaste, floss, soap, deodorant, shampoo and shaving equipment (males) to last for about a week.
- Bring glasses as opposed to contact lenses. The training environment is not conducive to contact wear.
- Shower shoes are mandatory and must be the slip-on type with a rubber bottom. No sandals or beach shoes are allowed.

Don't bring

- Knives, guns, brass knuckles or anything that may be used as a weapon.
- Dice, playing cards or anything that may be used to gamble.
- Magazines, books, crossword puzzles or anything that is not of a religious nature.
- Cigarettes, dip, lighters or any other tobacco products.
- Large photo albums. A few photos are permitted, but space is limited.
- Personal hygiene or other products in aerosol cans.
- Material that is pornographic or can be considered questionable.
- Any over-the-counter medications to include vitamins and supplements.

Warrior Week

Trainees learn basics of survival, combat skills during field training

Warrior Week is a weeklong exercise during the fifth week of Basic Military Training that gives basic trainees a taste of Air Force deployments.

Warrior Week was added to BMT to instill a warrior mentality, give recruits the necessary skills to operate in a field environment and provide them with a better concept

by Master Sgt. David Richards



of Air Force operations.

This training is a mock Air Force deployment where recruits are taught antiterrorism techniques; self-aid and buddy care; nuclear, biological and chemical preparedness; weapons training; and teamwork.

Trainees then “deploy” to a mock air base, set up tents and start their field training. Trainees are taught the basics of using an M-16 rifle and receive marksmanship training at the firing range.

Because of the increased threat

of terrorism, trainees also learn antiterrorism techniques. These techniques give trainees knowledge and insight in terrorist tactics and how to counteract those tactics.

by Master Sgt. David Richards



A trainee (left) takes aim as part of his M-16 qualifications training during Warrior Week. One of the more challenging tasks of the confidence course (above) calls for trainees to rappel up a rope.





After completing Warrior Week, trainees are awarded an Air Force coin in a ceremony recognizing their transition to Airmen.

Next, trainees are taught self-aid and buddy care techniques. These skills include how to properly provide first aid in the field, how to treat and recognize conditions like shock, and care for wounds or illness that may occur during a deployment.

The threat of nuclear, biological and chemical warfare is very real.

To prepare for these threats, trainees are taught to properly don chemical masks and protective overgarments. They are also taught to recognize and properly mark

by Master Sgt. David Richards



unexploded ordnance.

Warrior Week ends with a ceremony marking the transition from trainee to Airman.

Airmen are presented with a coin signifying their hard work and transition into the world's premier air and space force.



Over the course of six weeks, trainees spend long days completing a rigorous schedule, limiting their access to parents and others.

Busy training schedule limits trainees' availability

Contacting a trainee may be a challenge while they attend Air Force Basic Military Training. The six-week BMT training schedule takes most of a trainee's time with few breaks. Trainees are not allowed to communicate via e-mail or take incoming phone calls.

Mail call

Trainees may receive letters from family members and friends, and they may send a contact address upon their first break.

Emergencies

In case of an emergency, a trainee can be contacted through the local American Red Cross

agency office. Emergencies are considered a death or serious illness in the immediate family or the birth announcement of the child of a male trainee. It is important that family members have the trainee's Social Security number for any emergencies.

The final week of BMT, called graduation week, is the only time basic trainees are allowed to have visitors. People can visit trainees Thursday through Sunday that week, based on training requirements. Visitor information is available at www.lackland.af.mil/737web/visitor.htm.

BMT Final Training Week

Visitation Times & Events



THURSDAY

8 a.m. - 2 p.m. - Sign-in at the BMT reception center to attend one of four orientation briefings, 8 a.m., 10:30 a.m., 12:30 p.m. or 2 p.m.
9 a.m. - Airmen's Run
4:20 p.m. - Retreat ceremony; Airmen are released after retreat; honor graduate ceremony follows
8 p.m. - Airmen due back in dorms

FRIDAY

7:15 a.m. - Optional orientation briefing at the BMT reception center
7:30 - 8:45 a.m. - Buses depart reception center to the parade grounds
9 a.m. - Graduation parade begins
9:45 a.m. - Buses depart to the reception center; Airmen may ride back with visitor
10 -11 a.m. - Squadron open house
2:30 - 3:30 p.m. - Spouse seminar
8 p.m. - Airmen due back in dorms

SATURDAY

9:15 a.m. - Airmen are released to the reception center for town pass
8 p.m. - Airmen due back in dorms

SUNDAY

6:30 a.m. - Church services begin (Visitors planning to attend church must attend their trainee's designated service for that denomination)
9 a.m. - Airmen are released to the reception center for base liberty
9:30 a.m. - 1:30 p.m. - Sunday brunch at Lackland Air Force Base Gateway Club, open to all visitors
6 p.m. - Airmen due back in dorms

NOTE: All visitation is during the last week of training.